

Multidimensional Family Therapy (MDFT)

Program Overview

Multidimensional Family Therapy (MDFT) is an intensive, in-home model that is a family-centered, comprehensive treatment program for children and adolescents with substance use, are at risk of substance use, and have related behavioral and emotional problems. From a foundation of improved family relationships, MDFT emphasizes behavioral change in the natural environment and uses interventions to promote the parent's capacity to monitor and interact positively with their youth. It includes individual therapy for youth, parent education and support, family therapy and community interventions and collaborations.

Target Population

The target population for the MDFT program are children and adolescents between the ages of 9-18 years, who meet the following admission criteria:

- Presenting with significant behavioral health needs (mental health and substance use) impacting the family, school/work, community domains, and
- Living with at least one parent/caregiver/parental figure able to participate in treatment.

Exclusionary criteria include:

- Suicidal ideation and plan which requires immediate stabilization
- Psychotic disorder (unless it is temporary and due to drug use).

Length of Service

Services are delivered for an average of 5 months. MDFT staff also provide 24-hour/7-day emergency crisis response.

Program Coverage and Providers

MDFT is available to families statewide through geographically dispersed teams at different agencies. Each team covers a larger region of surrounding towns. Choose the team closest to your location.

Geographic Region	Agency Contact
Middletown, Norwich, Willimantic	Child and Family Agency of SE CT: 860-661-4262 United Community & Family Services: cpalma@ucfs.org
Waterbury, Danbury, Torrington	Wheeler Clinic: MDFTwaterburytorringtondanbury@wheelerclinic.org
New Britain, Meriden	Community Mental Health Affiliates: 860-229-4830
Greater New Haven	Wheeler Clinic: MDFTNewHaven@wheelerclinic.org
Hartford, Manchester	Community Health Resources: MDFTReferral@chrhealth.org
Bridgeport, Norwalk, Stamford	Boys & Girls Village: 203-330-6756

DCF Program Contact

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